



## Basic Bike Safety and Maintenance

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### I. Basic Bike Safety

A. View video on “Why Drivers Hate Cyclists” at [www.bikewalkirc.org/resources.html](http://www.bikewalkirc.org/resources.html)

### B. Five Things You Need to Know

<p><b>1. FOLLOW THE LAW</b></p> <p>Your safety and the image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.</p>	<p><b>4. THINK AHEAD</b></p> <p>Anticipate what drivers, pedestrians, and other bicyclists will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and utility covers. Cross railroad tracks at right angles.</p>
<p><b>2. BE PREDICTABLE</b></p> <p>Make your intentions clear to motorists and other road users. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.</p>	<p><b>5. RIDE READY</b></p> <p>Check your tires have sufficient air, brakes are working, chain runs smoothly, and quick release wheel levers are closed. Carry repair and emergency supplies appropriate for your ride. Wear a helmet.</p>
<p><b>3. BE CONSPICUOUS</b></p> <p>Ride where drivers can see you; wear bright clothing. Use a front white light and red rear light and reflectors at night or when visibility is poor. Make eye contact with drivers. Don't ride on sidewalks.</p>	

C. Florida Bike Law/Bike Safety Mini-Quiz (attached below)

## II. Basic Bike Maintenance (Hint: Use YouTube)

### A. Seat Height

### B. Spare Kit Contents

1. Tube/Patches
2. Lever
3. Tire Boot
4. Pump

### C. Tire Pressure

1. Schrader versus Presta Valves
2. Determining Correct Pressure
3. Adding Air

### D. Brake Adjustment

### E. Chains

1. Lube
2. Check Wear
3. Replacing Worn Chain

### F. Wheels

1. Truing
2. Replacing Broken Spokes

### G. Derailleur Adjustment

## III. Proper Helmet Fit

See Attached Handout on “Fitting Your Bike Helmet” and video at:  
<https://youtu.be/hLIXswx0VvQ>



## Florida Bike Law/Bike Safety Mini-Quiz

1. A person riding a bike in a travel lane? (**View Video on “The Dangers of Riding Against Traffic” at [www.bikewalkirc.org/resources.html](http://www.bikewalkirc.org/resources.html)**)
  - A. Must ride against traffic (i.e., on the left side of the road)
  - B. Must ride with traffic (i.e., on the right side of the road)
  - C. May ride either against traffic or with traffic but riding against traffic is safer because the rider will be able to see cars coming
2. A person riding a bike along a road with a sidewalk?
  - A. Must ride on the sidewalk unless the road has a designated bike lane
  - B. May not ride on the sidewalk if the road has a designated bike lane
  - C. May ride on the sidewalk but only in the same direction as traffic
  - D. May ride on the sidewalk either in the same direction or opposite direction as traffic
3. A motor vehicle passing a person riding a bicycle?
  - A. Must change lanes before passing the bicycle
  - B. Must stay at least 3 feet away from the bicycle under all circumstances
  - C. Can ignore the bicycle if the bicycle is in a designated bike lane
4. A person riding a bike in a travel lane at less than the posted speed limit?
  - A. May ride in the middle of the travel lane if that is where he/she feels safest, regardless of the lane width
  - B. Must ride far enough to the right to permit motor vehicles to safely pass in the same lane at all times
  - C. May ride in the middle of the travel lane if there is no bike lane and the travel lane is too narrow to permit a motor vehicle to safely pass a bike in the same lane
5. A person on a bike who intends to continue straight through an intersection with a traffic light?
  - A. Must stop for all red lights just like any other vehicle, regardless of whether riding in a travel lane or a bike lane
  - B. If riding in a travel lane, must stop for all red lights just like any other vehicle
  - C. If riding in a bike lane, may proceed through the red light so long as the bicycle rider stays in the designated bike lane and yields to any pedestrians
6. What are the minimum required lights and reflectors for a bicycle being ridden between sunset and sunrise?
  - A. A red rear reflector
  - B. A red rear light
  - C. A white front light and a red rear reflector
  - D. A white front light and a red rear light
  - E. A white front light, a red rear reflector and a red rear light